

# JUNIOR SAILING PROGRAM



NANTUCKET YACHT CLUB  
SUMMER 2018



Dear Sailing Parents:

This brochure outlines and summarizes the sailing lesson program offered at the Nantucket Yacht Club. Our mission is to teach sailing and seamanship in a fun, safe environment while inspiring a lifelong love for our Nantucket waters and the Corinthian spirit. This summer we are offering a nine-week lesson program beginning June 25th and ending August 23rd.

All students will be expected to take a swim test on the second day of instruction in each week. Please note that all students must wear a Coast Guard approved personal flotation device (PFD) at all times.

Please register prior to the May 31st deadline. Member registrations received after May 31st cannot be guaranteed space in the sailing program. Registrations received after May 31st will incur a \$50 late fee.

Note important class changes for Race Week, August 13-17 for Mates, Mariners, Whalers, Teen Green & 420 Blue. Students will have opportunities to experience a variety of boats from Rhodes 19's to 12 Meters during Race Week.

From August 20-24 the 420 Race, 420D, and Opti Race teams will not meet, but team members are expected to help decommission their training boats during the week. All other classes will meet in the morning from 9 AM – 12 PM. Other opportunities for sailing may be available.

Junior Sailing Guests are welcome at the Nantucket Yacht Club. In order for guests to register for the NYC Junior Sailing Program, they must be sponsored by an NYC member. Sailing guests must register online, and then submit their sponsorship application with a check for the Guest Membership Fee (\$610 per season, per child) to the NYC before their registration will be confirmed. Once your child is enrolled in an open slot, you will be billed by the NYC for the class fees in full. Payment of these fees will be required prior to the start of the child's first class. The registration process for guests opens on April 15.



I look forward to seeing everyone out on the water,

Justin Assad  
NYC Sailing Master  
[justin@nantucketyachtclub.org](mailto:justin@nantucketyachtclub.org)



# JUNIOR SAILING CLASSES AND COURSE DESCRIPTIONS

## MATES

AGE 7-9

Tues & Thur; 9:00 – 12:00

Member Cost: \$285 for 2 weeks

Guest Cost: \$460 for 2 weeks

A class designed to introduce young children to sailing. Students will sail in a 14-foot sailboat, with three to four other children and one instructor. The class is a fun introduction to sailing with the goal of having students become comfortable in small boats. Specific skills include basic concepts of sail trim, steering and overall safety. Children born in 2011 or earlier are eligible to enroll in Mates. Parents of children who are six years old (born in 2012) are interested in Mates should contact Justin or Rebecca to see what options exist.

## MARINERS

AGE 8-12

*(formerly beginner sailing)*

Three Options:

1) Mon, Wed, Fri; 9:00 - 12:00

Member Cost: \$345 for 2 weeks

Guest Cost: \$580 for 2 weeks

2) Mon - Fri; 9:00 - 12:00

Member Cost: \$510 for 2 weeks

Guest Cost: \$750 for 2 weeks

3) Mon, Wed, Fri; 1:00 - 4:00 (11-12 Mariners\*)

Member Cost: \$345 for 2 weeks

Guest Cost: \$580 for 2 weeks

This class is taught in Rhodes 19's, RS Quest, and Optimists. Mariners is designed to give the sailor a strong fundamental base of sailing skills such as rigging, tacking, gybing, sail trim, hiking, and some advanced boat handling. The overall goal is to make the sailor comfortable on the water in varying conditions, while eventually becoming proficient sailing alone in the Opti. Inside the Mariners class, we typically divide into three color groups: Forest Green (Novice), Lime Green (Intermediate Mariner), and Army Green (Advanced Mariner). As the child improves, they will advance through the groups until they are ready for Whalers.

*\*Please note that the 11-12 Mariners class is for those with a birthdate of 2008 or earlier.*



## WHALERS

AGE 10-13

*(formerly intermediate sailing)*

Two Options:

1) Tues, Wed, Thurs; 1:00 - 4:00

Member Cost: \$345 for 2 weeks

Guest Cost: \$580 for 2 weeks

2) Mon - Fri; 1:00 - 4:00

Member Cost: \$510 for 2 weeks

Guest Cost: \$750 for 2 weeks

Whalers will focus on more advanced boat-handling skills and will also introduce sailors to racing. Specific skills include the basics of upwind sailing, performance boat-handling, and the introduction of some basic racing techniques. As with Mariners, students are broken into two groups: Sky Blue, and Burgee Blue (Advanced Whalers). Our Burgee Blue students are encouraged to participate in All-Island racing such as the GHYC Jobson Cup, Nantucket Junior Race Week, and weekly All-Island afternoon racing. While taught primarily in the Opti, students who are not interested in racing will also have opportunities to sail in the RS Quest, where our aim is to have 2-4 students competently sail the RS Quest without an instructor!

# RACE & TEEN SAILING COURSE DESCRIPTIONS

## 420D TEAM AGE 13-16 (RACE DEVELOPMENT TEAM)

Mon-Fri; 1:00 - 4:00

Member Cost: \$510 for 2 weeks

Guest Cost: \$750 for 2 weeks

420 Race Development Team, or "420 D," is a class for our most committed 420 Blue sailors who are interested in moving to the 420 Race Team. Enrollment in this class is by invitation only, and sailors are picked directly from 420 Blue. 420 D practices during the afternoon, while the 420 Race Team is also practicing, and the two groups will train together on occasion. 420 D sailors are considered to be part of the racing program, so we expect them to attend every practice while they are on island. (Note: 420D Team will be Mon-Wed during Race Week)

## ADVENTURE SAILING AGE 13-18

Wed, Fri, (optional Monday); 1:00 - 4:00

Member Cost: \$235 for 1 week

Guest Cost: \$365 for 1 week

The class, which meets for 2 or 3 days a week, will have a distinct goal for each day: Long Sail Day - try to sail as far as possible from the club using wind direction, current/tide forecast, and navigational aides. During the following class the student will chart their course on a chart in the Sail Room with pins and yarn, and we can compare progress week to week. Star Chart Day - Students identify skills from the star chart they want to achieve (Anchoring, knots, upwind sailing, etc, etc), and finally Catamaran Day! Students may take this course for a maximum of 4 weeks, and class may not be held if less than 2 children are signed up. The goal of Adventure Sailing is to accumulate the skills for the student to check out a Rhodes 19 on their own. (Note: Adventure Sailing will not be held during Race Week.) take this course for a maximum of 4 weeks, and class may not be held if less than 2 children are signed up. The goal of Adventure Sailing is to accumulate the skills for the student to check out a Rhodes 19 on their own. (Note: Adventure Sailing will not be held during Race Week.)



## 420 BLUE AGE 13-16

Mon, Wed, Fri; 9:00 - 12:00

Member Cost: \$345 for 2 weeks

Guest Cost: \$580 for 2 weeks

420 Blue is the first step in our 420 Racing track. Participation in this class is by invitation only, and participants are typically invited from Teen Green, Whalers, and Opti Race. 420 Blue is a great option for kids who are beginning their journey in racing, or for older kids who want to keep developing their racing skills but only want to sail three days a week, only want to sail in the mornings, or would prefer not to race off-island. The skills taught are similar to those in 420 Race Development and 420 Race, but the pace of learning is a little less rapid and the commitment is much more flexible.

## TEEN GREEN AGE 13-16 (formerly 420 Green)

Mon, Wed, Fri; 9:00 - 12:00

Member Cost: \$345 for 2 weeks

Guest Cost: \$580 for 2 weeks

This class is for sailors who have outgrown the Opti in either Whalers or Opti Race, or for older sailors who are learning how to sail. This class is primarily in RS Quests and Club 420s, but Rhodes 19s may also be used based on the skill level of the participants, the weather on any given day, with the goal of maximizing learning in the most advantageous platform. Teen Green focuses on boat handling, including tacking, acceleration, trapeze basics, and general sail trim on all points of sail. Sailors will be introduced to basic concepts for racing, but the primary focus will be to establish the fundamentals of boat handling, seamanship, and general proficiency on the water - and to have fun!





## OPTI RACE TEAM

AGE 9-15

Mon - Fri; 1:00 – 4:00

Member Cost: \$730\* for 4 weeks

Guest Cost: \$975\* for four weeks

The Opti Race team is the most advanced program for young optimist sailors. Members are selected by the race team coaches, and there is a minimum enrollment of four weeks. The team is reserved for those sailors who want to really improve their racing skills. Skills include performance boat handling, intricacies of rigging and tuning, and advanced racing topics such as starting, strategy, and tactics. Once on the Opti Race team, sailors are strongly encouraged to continue in the Opti until they "age out" or "weight out," meaning they either turn 16 or weigh over 125 pounds. (Note: Race Team will be Mon-Wed during Race Week) *\*Costs listed above do not include regatta expenses.*

## 420 RACE TEAM

AGE 13-18

Mon - Fri; 1:00 – 4:00

Member Cost: \$730\* for 4 weeks

Guest Cost: \$975\* for 4 weeks

The 420 Race Team is the most advanced program for junior sailors. Sailors are taught the fundamentals of sailboat racing, including but not limited to boat speed, boat handling, strategy and tactics, and team racing. Training as a team is strongly stressed. The team is reserved for those sailors who want to really improve their racing skills, and are selected by the race team coaches. Students must be enrolled for a minimum of four weeks (Note: Race Team will be Mon-Wed during Race Week). *\*Costs listed above do not include regatta expenses.*



# JUNIOR PROGRAM CLASS GUIDE

**Mates** (minimum 2 weeks, age 7-9)

**Mariners M-F** (minimum 2 weeks, age 8-12)

**Mariners M,W,F** (minimum 2 weeks, age 8-12)

**Mariners 11-12; M,W,F** (minimum 2 weeks)

**Whalers M-F** (minimum 2 weeks, age 10-13)

**Whalers T,W,Th** (minimum 2 weeks, age 10-13)

**Opti Race Team** (minimum 4 weeks, age 9-15)

**Teen Green** (minimum 2 weeks, age 13-16)

**420 Blue** (minimum 2 weeks, age 13-16)

**420 Development Team** (minimum 2 weeks, age 13-16)

**Adventure Sailing** (minimum 1 week, age 13-18)

**420 Race Team** (minimum 4 weeks, age 13-18)

## WEEKS AVAILABLE:

Week #1 June 25 - 29

Week #2 July 2 - 6

Week #3 July 9 - 13

Week #4 July 16 - 20

Week #5 July 23 - 27

Week #6 July 30 - August 3

Week #7 August 6 - 10

Week #8 August 13 - 17 (Race Week)

Week #9 August 20 - 23 (ends Thursday)

## REGISTRATION:

Registrations must be made online through Active Network. Registration information will be posted online at [www.nantucketyachtclub.org](http://www.nantucketyachtclub.org). Members must log into the website to access registration information. All member fees must be charged to audit number.

Guests must submit a "Guest Request" via Active Network. They must also submit membership fees (\$610 per child per season) along with the Member / Sponsor form before a guest will be confirmed in a class. Once confirmed, payment for the balance of the class will be charged to Guest audit number and must be paid in full by check before the start of the guest's first class.

Class recommendations will be sent out by email. For questions regarding class placement, please contact Justin Assad at [justin@nantucketyachtclub.org](mailto:justin@nantucketyachtclub.org).

[www.nantucketyachtclub.org](http://www.nantucketyachtclub.org)

